

# DRAKE ALTERNATIVE INVITATIONAL

Saturday, April 28<sup>th</sup>, 2018

*Weigh-In's 8:30-10:30 AM*

## FIELD EVENTS:

10:00	JAVELIN - MEN	2 FLIGHTS
	JAVELIN - WOMEN	2 FLIGHTS
11:00	HAMMER - WOMEN	3 FLIGHTS
11:00	SHOT PUT - MEN	3 FLIGHTS
12:00	POLE VAULT - WOMEN	11 VAULTERS
	FOLLOWED BY MEN	14 VAULTERS
11:00	HIGH JUMP - WOMEN	12 JUMPERS
	FOLLOWED BY MEN	12 JUMPERS
11:30	LONG JUMP - WOMEN	2 FLIGHTS
	FOLLOWED BY MEN	2 FLIGHTS
11:30	TRIPLE JUMP - MEN	1 FLIGHT
	FOLLOWED BY WOMEN	1 FLIGHT
1:00	DISCUS - WOMEN	3 FLIGHTS
	HAMMER - MEN	2 FLIGHTS
3:00	SHOT PUT - WOMEN	3 FLIGHTS
	DISCUS - MEN	3 FLIGHTS

## RUNNING EVENTS:

12:00	100 METER HURDLE PRELIMS	2 HEATS
12:10	110 METER HURDLE PRELIMS	2 HEATS
12:20	100 METER DASH PRELIMS (W)	3 HEATS
12:35	100 METER DASH PRELIMS (M)	5 HEATS
12:55	STEEPLE CHASE (W)	1 HEAT
1:10	STEEPLE CHASE (M)	1 HEAT
1:25	400 METER RELAY (W)	1 HEAT
1:30	400 METER RELAY (M)	1 HEAT
1:35	1500 METERS (W)	2 HEATS
1:50	1500 METERS (M)	3 HEATS
2:05	ALUMNI MILE	1 HEAT
2:20	110 METER HURDLE FINALS	1 HEAT
2:25	100 METER HURDLE FINALS	1 HEAT
2:30	400 METERS (W)	2 HEATS
2:35	400 METERS (M)	3 HEATS
2:45	100 METERS FINALS(W)	1 HEAT
2:50	100 METERS FINALS(M)	1 HEAT
2:55	800 METERS (W)	2 HEATS
3:05	800 METERS (M)	3 HEATS
3:15	400 METER HURDLES (W)	2 HEATS
3:30	400 METER HURDLES (M)	2 HEATS
3:40	200 METERS (W)	4 HEATS
3:50	200 METERS (M)	5 HEATS
4:10	5000 METERS (W)	1 HEAT
4:35	5000 METERS (M)	2 HEATS
5:15	1600 METER RELAY (W)	1 HEAT
5:20	1600 METER RELAY (M)	1 HEAT
5:25	ALUMNI 4 X 400	1 HEAT
5:30	WEIGHTMAN'S RELAY (MIXED 4x100)- 2 MALE/2 FEMALE PER RELAY	

FUTURE GUSTIE DASH: (MAYBE INDOORS)

AGES 0 - 2      25 METERS      AGES 3 - 5      50 METERS      AGES 6 - 10      100 METERS

WE WILL TRY TO STAY ON SCHEDULE AS BEST WE CAN!  
200 COMPETIORS MUST CHECK IN BEFORE THE MEN'S 800 FOR SEEDING